

MINCED PORK BOWL



We are so excited to share a recipe from our Good Meals To Go program, a collaboration between Groundswell Cafe and the Cultivate Hope Corner Store that provides affordable, healthy alternatives to fast food dining. We hope you enjoy this recipe and our Cooking for a Cause class!

Recipe by Jason Pham, Groundswell Assistant Manager

PREP TIME

- Prep - 20 minutes
- Cook - 25 minutes
- Serves 3-4 people

INGREDIENTS

- 1 1/2 tbsp cooking oil
- 1/2 cup finely-diced onion
- 2 tsp ginger, grated or minced
- 2 garlic cloves, minced
- 1 Thai chili, deseeded and finely chopped
- 1/2 pound of ground pork
- 5 tbsp brown sugar
- 2 tbsp fish sauce

Garnish:

- Sliced tomato
- Cucumber slices
- Green onion, finely sliced

DIRECTIONS

- 01** Steam or cook 2-4 cups of rice.
- 02** While rice cooks, heat a large skillet pan on high heat, add cooking oil, onion, ginger, garlic and chili to pan, cook for 2 minutes.
- 03** Add ground pork and cook for 2 minutes or until it begins to turn white, breaking up meat with a wooden spoon.
- 04** Add sugar and fish sauce. Stir, leave to simmer without stirring until all juices cook out and pork starts to caramelize - about 2 minutes.
- 05** Stir, then leave again for 30 seconds without stirring to further caramelize.
- 06** Repeat stirring and leaving for 30 seconds until caramelized to your taste.
- 07** Add pork to rice. Garnish with sliced tomatoes, cucumbers, and finely-sliced green onion.



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